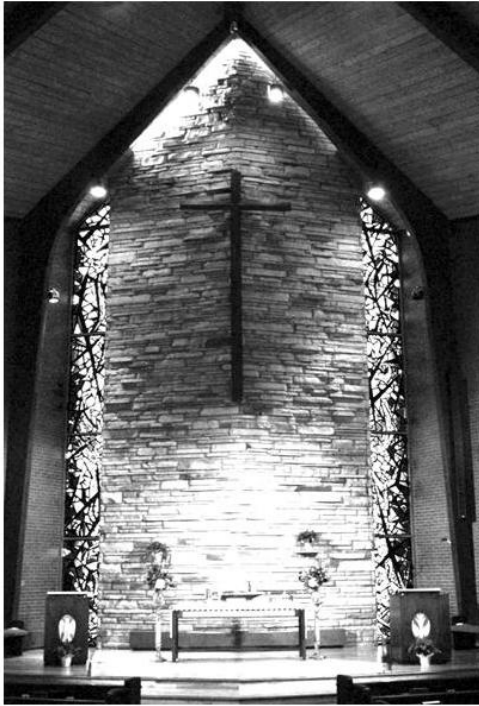


Worship, Reflection & Formation in Lent



First Congregational United Church of Christ



**We hope you will join us
for a unique experience of
Lent!**

What is Lent?

Lent is the forty days (excluding Sundays) between Ash Wednesday and Easter. It is a time during the Christian year to prepare ourselves spiritually to hear, experience, reflect on the death and resurrection stories of Jesus during Holy Week.

What do we do during Lent?

Lent is historically a time of reflection, devotion, fasting and worship. It is a time during which we seek to release ourselves from the earthly tethers of our daily lives and seek awareness of God's grace imparted to us by Christ's life, death and resurrection. While many Christians do not still participate in food fasting during these forty days, there are many ways that we can grow spiritually. In this church we celebrate and participate in rituals that are as old as the foundations of the church by its first disciples. We also have our own specific traditions that are unique to this community.

**We invite you to open your hearts
and minds. Experience Lent with
our church family in a new or
familiar way.**

Spiritual Life

Tradition tells us that Lent is a time of solemn reflection about the gifts we receive through the life and death of Jesus. Through history a spiritual practice of fasting has been used during times of great devotion to cleanse the body of physical and emotional dependence on resources of the earth.

Fasting from food is not used often as a spiritual practice, anymore, but one might consider the practice of a different sort of "fast" in your life.

Consider perhaps giving up something during the season of Lent. Perhaps challenge yourself not to participate in a specific activity during Lent that you typically do, i.e. going out for food or drinks, driving short distances instead of walking or biking, sleeping in instead of meditating or exercising, watching the television or spending time on the internet instead of with family or friends, etc. Fasting from these sorts of activities provide you the option of "adding" something new such as donating money saved from eating at home to your favorite charity, exercising more, finding more time for spiritual growth, and others!

**Help yourself to naturally develop
a taste for spiritual practices.**

Worship

Sundays, 10:15am

1st Sunday of Lent, February 26th

Genesis 9:8-17: God is always in covenant with us, no matter what obstacle we are up against.

2nd Sunday of Lent, March 4th

Genesis 17:1-7, 15-16: Having faith means not knowing what might happen next, but trusting that God will make good on promises.

3rd Sunday of Lent: March 11th

Psalms 19: God does not need campaign managers to reach constituents. God's word is written in every part of Creation.

4th Sunday of Lent: March 18th

Psalms 107:1-3, 17-22: Cantata Sunday

5th Sunday of Lent: March 25th

John 12:20-33: The challenges we face transform us by exposing us to emerging truths.

Palm/Passion Sunday: April 1st

Philippians 2:5-11: Culture teaches us to jockey for power. Paul tells us differently: look to win over hearts and minds.

Easter Sunday: April 8th

Mark 16:1-8: A glaring question for witnesses of the empty tomb: after resurrection, what happens next?

Wednesdays, 8:00am

Thirty minute services of prayer, meditation and silence begin February 22nd (Ash Wednesday) in Lanyon Chapel.

Journey through Lent together

Special Events

Tuesday, February 21st

**Shrove Tuesday Celebration and
Ritual of Ashes**

Join us for a joyful meal and then the traditional ritual of ashes. All ages are welcome!
5:30pm, Fellowship Hall

Sunday, March 18th

Choir Cantata

We depart from our typical worship service to experience the wonders of the FCUCC choir program. Voices and instruments soar in this beautiful service of music and reflection.
10:15am, Sanctuary

Thursday, April 5th

Maundy Thursday Gathering

Maundy comes from the Latin word for "commandment". In this time together we remember Jesus' commandment to love one another just as Jesus showed his love to us by establishing a new covenant with God and ultimately sacrificing himself. We will share ritual and communion.
7pm, Fireside Room

We gather as God's people,
to discern Christ's way,
seek social justice,
and discover the holy.



Rev. Rick King, Sr. Pastor
Rev. Luke Grobe, Assoc. Pastor

1500 9th Ave
Longmont, CO 80501

Phone: 303-776-4940
firstcon@ucclongmont.org

www.ucclongmont.org
www.facebook.com/ucclongmont

An open and affirming congregation.
You are welcome here!